



JONATHAN E. FIELDING, M.D., M.P.H.
Director and Health Officer

CYNTHIA A. HARDING, M.P.H.
Acting Chief Deputy Director

313 North Figueroa Street, Room 806
Los Angeles, California 90012
TEL (213) 240-8117 • FAX (213) 975-1273

www.publichealth.lacounty.gov



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December 5, 2012

TO: Each Health Deputy

FROM: Jonathan E. Fielding, M.D., M.P.H. *JEF*
Director and Health Officer

SUBJECT: **ADVANCED COPY: "Los Angeles Mommy and Baby 2010 Surveillance Report"**

Enclosed is the Department of Public Health (DPH) report, *Los Angeles Mommy and Baby (LAMB) 2010 Surveillance Report*. The report summarizes the findings from the 2010 LAMB survey conducted by the DPH Maternal, Child, and Adolescent Health programs. The report examines the key indicators of health for new mothers and infants in Los Angeles County and is integral in determining which communities and health indicators require more immediate attention. The report will be released to the public next week and will be made available on the DPH website at <http://publichealth.lacounty.gov/mch/LAMB/LAMBRResults.html>.

If you have any questions or would like additional information, please let me know or you may contact Shin Margaret Chao, Ph.D., at (213) 639-6470.

JEF:smc

Enclosure

c: Sheila Shima
Richard Mason
Cynthia A. Harding
Suzanne Bostwick

2010 Surveillance Report

A Survey of the Health of Mothers and Babies
in Los Angeles County



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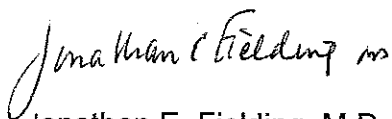
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FOREWORD

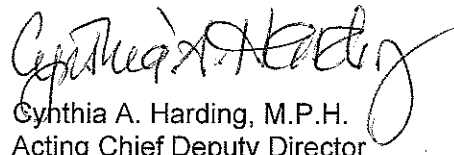
We are pleased to present the 2010 Los Angeles Mommy and Baby Survey Surveillance Report. This is a unique report developed by the Department of Public Health dedicated to examining the key indicators of health for new mothers and infants in Los Angeles County. It was compiled to list indicators related to poor birth outcomes in Los Angeles County. The health care needs of pregnant women and babies are unique, reflecting the influence of complex and challenging economic, social and biological factors. For the past decade, the Los Angeles County Department of Public Health, Maternal Child and Adolescent Health Program has taken a life course approach to improve maternal and infant health. Life course theory provides the opportunity to focus on health equity and social determinants with an updated understanding of how biology and environment interact, and an understanding of how health develops over a life time and across generations.

This report identifies health disparities for women by race/ethnicity and geographic areas in an effort to determine which communities and health indicators require more immediate attention. Comparison data from 2007 is included where appropriate to highlight trends in maternal and infant health. For example, in examining the indicators for pre-pregnancy health and health access, Latinas were more likely than any other group to be uninsured prior to pregnancy. African American women had the highest rate of asthma. The prevalence of being overweight or obese prior to getting pregnant increased from 2007 to 2010. Similarly, uninsured women report more difficulty accessing medical care and have lower rates of receiving preventive health screenings compared to insured women. Disparities in these factors are often related to increased health risks and illness. Multi-faceted strategies are needed to eliminate the health disparities identified by this report and to promote prevention and quality health care for all women and infants. Both bold and incremental policy changes are needed to address the disparities in the determinants of health in the social and physical environments. In addition, the areas of need highlighted by this report can assist funders, advocacy groups, community-based organizations, civic programs, and state and local government in outlining a plan that will address these areas. Collaborative efforts will be required to improve the health status of women of reproductive age, infants, and thereby, the family and community.

Thanks to the dedicated County Staff, our community partners, and funding from First Five Los Angeles, we are now able to present this report to you.



Jonathan E. Fielding, M.D., M.P.H.
Director of Public Health and Health Officer



Cynthia A. Harding, M.P.H.
Acting Chief Deputy Director

About LAMB

The Los Angeles Mommy and Baby (LAMB) Project is a public health surveillance project developed by the Maternal, Child, and Adolescent Health Programs of Los Angeles County in 2004. The LAMB Project collects countywide population-based data on maternal attitudes and experiences before, during, and shortly after pregnancy.

The LAMB Project was first implemented in 2004 in Antelope Valley to address the high infant mortality rate observed in that region of Los Angeles County. The LAMB Project provided information on the risk factors and potential causes of infant mortality for women in the Antelope Valley. Since 2005, the project has been expanded to cover all of Los Angeles County, collecting data every other year. The purpose of LAMB is to collect and disseminate quality and useful data to MCAH stakeholders, with the ultimate goal, to improve the health of mothers and infants by reducing adverse birth outcomes and the risk factors that lead to high rates of low birth weight, pre-term births, and infant and maternal mortality and morbidity. To this end, LAMB has provided data to County health officials and MCAH community partners and stakeholders to assist in making decisions designed to improve the health of mothers and infants. LAMB data has been used by the Los Angeles County Department of Public Health, Maternal, Child and Adolescent Health Programs and community stakeholders to monitor and examine trends over time in maternal and child health indicators, including: rates of unintended pregnancy, prenatal care, smoking and drinking during pregnancy, breast-feeding, well-baby checkups, infant illnesses, baby's sleep position, and exposure to secondhand smoke. The LAMB data provides additional information to supplement vital statistics from birth and death certificates which have been traditionally used to assist state and local maternal, child, and infant health programs in program and policy development. For more information about LAMB, please visit us at: www.LALAMB.org.

Use of 2010 LAMB Data Book

The data book presents findings from the 2010 LAMB project with comparisons to 2007 LAMB data as appropriate. The 2010 LAMB project surveyed 6,593 eligible respondents which represents 133,160 live births in Los Angeles County during 2010. The data are weighted by the respondents' selection probability which allows the percentage (prevalence) reported in this document to represent the entire population of live births in the County of Los Angeles in year 2010.

Major highlights from this report:

- Nearly half (48%) of mothers who had a live birth reported that their pregnancies were unintended.
- Almost one third (28%) of mothers who had a live birth were using birth control at the time of conception.
- One in ten (9%) of mothers reported starting prenatal care after the first trimester.
- One in seven (15%) of mothers reported that they did not receive prenatal care as early as they had wanted.
- One in three mothers (33%) went to a dentist or dental clinic during their pregnancy.
- One in three mothers (33%) reported being counseled by a dental or other health care worker about care of teeth and gums.
- 2% of women reported being physically abused by their husband or partner during pregnancy.

- One in ten (10%) of mothers reported smoking cigarettes during the six months before they became pregnant, and 3% reported smoking during pregnancy.
- The percent of women who reported any breastfeeding increased slightly from 85% in 2007 to 88% in 2010.
- One in ten African American mothers reported being homeless during their last pregnancy compared to 5% overall.
- 71% of women reported that they were currently reading to their young infants. This varies from 85% for White women to 65% for Hispanic women.
- Two thirds (74%) of mothers reported they most often put their baby to sleep on his or her back with lowest rate among African American mothers (65%).
- 91% of women reported having had a post partum check up.
- Obesity continues to be a problem with 45% of women reporting that they were overweight or obese just prior to becoming pregnant in 2010 compared to 43% in 2007.
- 43% of women reported having experienced some form of discrimination during their life. This was highest for African American women (57%), followed by Asian Pacific Islander women (45%).
- One in four (26%) of women reported having depressed mood during their last pregnancy.

Research has indicated that various maternal behaviors and experiences before, during, and after pregnancy influence birth outcomes. Through the release of this report, the Maternal, Child, and Adolescent Health Program hopes that these data can be used to monitor and assess trends, to plan and evaluate programs, and to direct policy decisions, with the ultimate goal to improve the health of mothers and infants in Los Angeles County. The LAMB Project recommends readers review the Technical Notes section of this report, which includes the Methodology and details of the sampling, data weighting, response rate, strength/limitations of the data, and a glossary of maternal/infant health terms.

The 2010 LAMB data book presented here covers a wide range of health topics, including:

- Preconception health (health before pregnancy)
- Prenatal care and maternal medical conditions during pregnancy
- Psychosocial conditions during pregnancy
- Behavioral risk factors
- Postpartum care and Infant health

Each section of the report contains tables displaying estimates by race/ethnicity, Service Planning Area (SPA), and Supervisorial District. In every table, County-level estimates are provided so that comparisons may be made between subpopulations and the County total.

Selected Demographic Indicators

| | Los Angeles County 2007 (%) | Los Angeles County 2010 (%) |
|---|--------------------------------|--------------------------------|
| Mother's Race/Ethnicity | | |
| White | 16.9 | 17.7 |
| Latina | 63.1 | 61.3 |
| African American | 7.5 | 8.0 |
| Asian/Pacific Islander | 11.2 | 12.0 |
| Native American | | 1.1 |
| Maternal Age | | |
| <20 | 9.4 | 8.8 |
| 20-24 | 22.1 | 19.4 |
| 25-34 | 50.0 | 51.7 |
| 35+ | 18.5 | 20.1 |
| Mother's Years of Education | | |
| <12 | 31.7 | 24.5 |
| =12 | 25.8 | 24.5 |
| >12 | 42.5 | 51.0 |
| Mother's Marital Status When Baby Was Born | | |
| Married | 55.6 | 56.1 |
| Not married | 44.4 | 43.9 |
| Language(s) Usually Spoken at Home | | |
| English | 65.4 | 71.0 |
| Spanish | 50.5 | 47.4 |
| Asian Language | 7.0 | 7.3 |
| Other Language | 4.9 | 5.6 |
| Household Income | | |
| <\$20,000 | 41.0 | 36.4 |
| \$20,000 - \$39,999 | 21.8 | 23.5 |
| \$40,000 - \$59,999 | 9.0 | 10.8 |
| \$60,000 - \$99,999 | 11.0 | 13.1 |
| \$100,000 and more | 11.0 | 16.2 |
| Preterm/Low Birth Weight | | |
| Preterm | 11.4 | 9.7 |
| Low Birth Weight | 7.4 | 7.5 |

| Pre-Pregnancy Health by Race/Ethnicity | | | | | | |
|--|-------------------------|-------------------------|-------|--------|------------------|------------------------|
| | Los Angeles County 2007 | Los Angeles County 2010 | White | Latina | African-American | Asian/Pacific Islander |
| | (%) | (%) | (%) | (%) | (%) | (%) |
| Access to Health Care Before Pregnancy | | | | | | |
| Uninsured | 36.7 | 34.7 | 11.4 | 46.0 | 26.7 | 17.7 |
| On Medi-Cal | 21.4 | 19.7 | 5.8 | 23.3 | 35.5 | 11.5 |
| Preconception Health Behaviors and Experiences | | | | | | |
| No preconception health counseling ¹ | 70.7 | 69.4 | 53.6 | 76.3 | 66.0 | 60.9 |
| Not taking a multivitamin | 54.4 | 50.5 | 25.6 | 59.2 | 54.8 | 41.4 |
| Lack of folic acid knowledge | N/A | 63.5 | 44.4 | 69.9 | 74.6 | 52.7 |
| Did not have enough money for food | 6.7 | 6.0 | 2.5 | 7.2 | 9.0 | 3.7 |
| Smoked in the 6 months before pregnancy | 9.6 | 9.5 | 12.0 | 7.6 | 20.5 | 8.3 |
| Family Planning Practices | | | | | | |
| Unwanted/mistimed pregnancy by mother ² | 53.4 | 48.4 | 23.9 | 57.4 | 60.1 | 33.4 |
| Unwanted pregnancy by partner ³ | 34.1 | 31.9 | 20.5 | 36.9 | 32.7 | 23.2 |
| Using birth control when they became pregnant ⁴ | N/A | 27.8 | 15.3 | 31.9 | 27.2 | 26.4 |
| Received fertility treatment | 4.0 | 4.2 | 8.9 | 2.4 | *0.8 | 8.4 |
| Ever used emergency contraception | 10.4 | 16.4 | 17.0 | 16.8 | 17.2 | 12.2 |
| Preconception Health Conditions | | | | | | |
| Overweight/Obese | 42.5 | 44.8 | 31.2 | 53.5 | 53.3 | 18.9 |
| Asthma | 5.2 | 4.4 | 6.0 | 3.2 | 13.1 | 2.4 |
| High blood pressure | 3.7 | 4.1 | 2.8 | 4.1 | 8.8 | 3.3 |
| Diabetes | 3.3 | 2.4 | *0.8 | 3.2 | *1.7 | *1.9 |
| Anemia | 12.1 | 11.4 | 6.2 | 12.2 | 21.8 | 7.6 |
| Periodontal disease | 12.5 | 9.9 | 4.9 | 11.9 | 9.7 | 7.7 |
| Obstetric History | | | | | | |
| Previous preterm birth | 8.9 | 6.7 | 4.9 | 7.1 | 10.0 | 5.1 |
| Previous low birth weight | 7.4 | 6.0 | 4.1 | 6.4 | 10.1 | 4.4 |
| Stillbirth (pregnancy that did not result in a live birth) | 2.1 | 1.8 | *0.9 | 2.2 | 2.6 | *0.9 |
| Previous miscarriage | 17.7 | 19.6 | 25.6 | 16.7 | 24.7 | 20.7 |
| Previous abortion | 17.0 | 15.1 | 17.7 | 10.6 | 39.8 | 16.4 |

*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

¹Question asked: During the six months before you got pregnant with your new baby, did you talk to a doctor, nurse, or other health care worker about how to prepare for a healthy baby and pregnancy?

²Question asked: Thinking back to just before you got pregnant with your new baby, how did you feel about becoming pregnant? Respondents who answered, "I wanted to be pregnant later" or "I didn't want to be pregnant then or any time in the future" were coded as "Unwanted or mistimed."

³Question asked: Just before you got pregnant with your new baby, how did your husband or partner feel about you becoming pregnant? Respondents who answered, "He wanted me to be pregnant later" or "He didn't want me to be pregnant then or any time in the future" were coded as "Unwanted pregnancy by father." Respondents who answered, "I don't know" or "I didn't have a husband or partner" were coded missing for this field.

⁴Question asked: Before you got pregnant with your new baby, were you using any method of birth control? Respondents who answered "Yes, all the time" or "Yes, sometimes" were coded as "using birth control before getting pregnant."

Prenatal Care and Maternal Risk Factors During Pregnancy by Race/Ethnicity

| | Los Angeles County 2007 | Los Angeles County 2010 | White | Latina | African-American | Asian/Pacific Islander |
|--|-------------------------|-------------------------|-------|--------|------------------|------------------------|
| | (%) | (%) | (%) | (%) | (%) | (%) |
| Prenatal Care | | | | | | |
| Entered prenatal care after 1st trimester | 10.1 | 9.2 | 5.4 | 9.8 | 14.4 | 8.2 |
| Did not get prenatal care as early as wanted | 15.6 | 14.9 | 8.7 | 16.2 | 22.2 | 13.3 |
| Traveled 15 miles or more for prenatal care | 12.4 | 12.4 | 11.4 | 11.6 | 16.1 | 15.3 |
| Prenatal care did not meet PHS guidelines ⁵ | 35.0 | 30.5 | 34.6 | 28.6 | 28.2 | 35.2 |
| Dissatisfied with amount of wait time at prenatal care | 18.7 | 18.2 | 15.2 | 19.6 | 16.4 | 16.7 |
| Dissatisfied with amount of time spent with doctor/nurse | 11.4 | 10.6 | 5.9 | 12.2 | 8.8 | 10.5 |
| Dissatisfied with advice given at prenatal care | 7.7 | 7.8 | 4.1 | 9.1 | 5.4 | 7.8 |
| Dissatisfied with understanding/respect received | 4.3 | 3.6 | 2.8 | 4.1 | 4.2 | 2.2 |
| Needed to see a dentist | N/A | 22.0 | 15.6 | 25.0 | 25.2 | 14.8 |
| Received a seasonal flu shot | N/A | 34.9 | 46.9 | 31.5 | 23.8 | 41.3 |
| Received an H1N1 flu shot | N/A | 38.5 | 50.7 | 35.2 | 23.7 | 47.1 |
| Medical Conditions During Pregnancy | | | | | | |
| Labor pain 3 weeks before due date | 16.3 | 16.2 | 11.4 | 18.1 | 21.4 | 10.2 |
| High blood pressure | 10.8 | 11.6 | 8.8 | 12.2 | 19.2 | 7.8 |
| Gestational diabetes | 12.0 | 12.4 | 7.0 | 13.1 | 9.5 | 18.7 |
| Problems with the placenta ⁶ | 3.6 | 4.2 | 5.5 | 3.4 | 5.0 | 5.6 |
| Urinary tract infection | 9.2 | 11.8 | 8.6 | 13.2 | 15.4 | 7.5 |
| Water broke more than 3 weeks early | 5.2 | 4.7 | 3.8 | 4.8 | 7.2 | 4.3 |
| Incompetent cervix | 3.3 | 2.7 | *0.9 | 3.6 | 2.8 | *1.0 |
| Sexually transmitted disease | 3.5 | 2.5 | 1.9 | 2.5 | 4.9 | 1.5 |
| Bacterial vaginosis | 13.4 | 14.9 | 7.3 | 17.1 | 19.7 | 11.6 |
| Periodontal disease | 18.9 | 17.4 | 12.4 | 19.9 | 18.3 | 12.7 |
| Risk Behaviors During Pregnancy | | | | | | |
| Smoking | 2.6 | 2.5 | 3.6 | 1.2 | 11.3 | 2.1 |
| Exposure to secondhand smoke ⁷ | 6.3 | 4.2 | 3.5 | 2.6 | 13.4 | 6.7 |
| Using illegal drugs or drugs not prescribed by a doctor ⁸ | N/A | 5.3 | 4.5 | 4.7 | 9.3 | 7.0 |
| Drinking alcohol | 10.5 | 9.1 | 21.0 | 5.2 | 9.3 | 10.1 |
| Did not exercise during pregnancy ⁹ | 28.6 | 27.5 | 26.3 | 26.5 | 33.6 | 30.5 |

*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

⁵Question asked: During your first or second prenatal care visit, were these part of your visit? Blood pressure measured, urine sample given, blood sample taken, height and weight measured, had pelvic exam, health history taken, ultrasound done, doctor asked about prenatal lead exposure. Those who responded "No" to any of the first six items were recoded as "PHS guidelines not met."

⁶Question asked: During your pregnancy did you have any of these problems? Respondents who answered "problems with placenta (such as abruptio placentae or placenta previa)" were coded as "problems with placenta."

⁷Question asked: During your pregnancy, about how many hours a day, on average, were you in the same room with someone who was smoking? Respondents who indicated more than 0 hours were coded as "exposed to secondhand smoke."

⁸Respondents who answered "yes" when questioned about use of marijuana, hashish, tranquilizers, hallucinogens, cocaine, heroin, amphetamines or prescription drugs not prescribed by their doctors were coded as "using illegal drugs or drugs not prescribed by a doctor."

⁹Question asked: During your last pregnancy how often did you exercise for 30 minutes or more? Respondents who answered "I didn't exercise" or "I didn't exercise; a doctor, nurse or health care worker said not to exercise" were coded as "did not exercise during pregnancy."

Psychosocial and Behavioral Risk Factors During Pregnancy by Race/Ethnicity

| | Los Angeles County 2007 (%) | Los Angeles County 2010 (%) | White (%) | Latina (%) | African-American (%) | Asian/Pacific Islander (%) |
|--|--------------------------------|--------------------------------|--------------|---------------|-------------------------|-------------------------------|
| Mental Health During Pregnancy | | | | | | |
| Self reported depression ¹⁰ | 19.9 | 25.8 | 14.4 | 31.0 | 30.3 | 13.7 |
| Social Support | | | | | | |
| Dissatisfied with support given by the baby's father ¹¹ | 12.0 | 9.6 | 6.3 | 10.3 | 19.7 | 4.7 |
| Experienced domestic violence/intimate partner abuse ¹² | 3.4 | 2.2 | 1.0* | 2.6 | 3.6 | 1.4* |
| Would have someone to loan money if needed ¹³ | 58.3 | 81.9 | 95.7 | 77.2 | 80.1 | 86.1 |
| Would have someone to help if sick | 72.9 | 87.5 | 96.6 | 83.5 | 89.8 | 92.3 |
| Would have someone to listen to problems | 75.7 | 86.2 | 96.7 | 81.3 | 89.1 | 92.4 |
| Social Environment | | | | | | |
| Perceived neighborhood as unsafe ¹⁴ | 16.5 | 14.7 | 5.6 | 18.3 | 21.6 | 6.4 |
| Stressful Life Events During Pregnancy | | | | | | |
| Family member had to go into the hospital | 17.3 | 16.0 | 17.9 | 15.5 | 21.9 | 11.7 |
| Divorced/separated from husband/partner | 9.2 | 7.3 | 2.9 | 8.5 | 14.5 | 2.8 |
| Moved to a new address | 21.2 | 28.4 | 26.8 | 28.5 | 33.4 | 26.5 |
| Were homeless | 5.7 | 4.3 | 1.0 | 5.4 | 10.0 | 0.2* |
| Husband/partner lost his/her job | 13.8 | 17.6 | 9.9 | 21.9 | 14.8 | 9.2 |
| Lost job but wanted to continue working | 11.6 | 11.1 | 5.7 | 13.0 | 15.3 | 7.1 |
| Argued more than usual with husband/partner | 30.4 | 27.8 | 21.8 | 29.1 | 42.8 | 19.8 |
| Had a lot of bills that could not be paid | 22.4 | 23.2 | 13.7 | 27.1 | 32.1 | 11.3 |
| Were in a physical fight | 3.9 | 3.5 | 1.2 | 3.7 | 7.9 | 2.9 |
| Husband/partner or self went to jail | 4.0 | 3.3 | 1.4 | 3.7 | 8.6 | 0.9* |
| Someone close had drinking or drug problems | 10.7 | 8.2 | 7.5 | 8.9 | 11.9 | 3.0 |
| Someone close and important died | 13.2 | 13.0 | 9.4 | 13.9 | 22.2 | 7.8 |
| Reported Ever Experiencing Discrimination | | | | | | |
| Any discrimination | 32.2 | 43.2 | 36.5 | 42.9 | 57.0 | 45.2 |
| At work | 13.5 | 18.4 | 20.4 | 16.3 | 24.4 | 22.0 |
| When getting medical care | 6.4 | 8.3 | 4.5 | 9.3 | 11.5 | 6.7 |
| When getting housing | 7.0 | 8.8 | 4.0 | 9.1 | 19.9 | 6.4 |
| Because of race/color | 12.9 | 20.0 | 8.9 | 18.5 | 44.5 | 27.5 |
| Because of gender | 7.5 | 11.6 | 17.0 | 8.9 | 18.1 | 12.4 |
| Because of pregnancy | 14.0 | 15.1 | 15.5 | 14.8 | 21.8 | 11.1 |

*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

¹⁰ Question asked: For 2 weeks or longer during your most recent pregnancy did you feel sad, empty or depressed for most of the day? Respondents who answered "Yes" were coded as "self reported depression."

¹¹ Question asked: Overall, how satisfied were you with the support given by your baby's father during your pregnancy? Respondents who answered "somewhat dissatisfied" or "not at all satisfied" were coded as "dissatisfied."

¹² Question asked: During your last pregnancy, did the baby's father do any of the following for you? Hit or slap you when he was angry.

¹³ Question asked: During your last pregnancy, would you have someone to loan you \$50 if you had needed it?

¹⁴ Question asked: How would you perceive this neighborhood in terms of its safety from violence? Respondents who answered "Very Poor" or "Poor" were recoded to "Neighborhood Unsafe."

Postpartum Health by Race/Ethnicity

| | Los Angeles County 2007 (%) | Los Angeles County 2010 (%) | White (%) | Latina (%) | African-American (%) | Asian/Pacific Islander (%) |
|--|--------------------------------|--------------------------------|--------------|---------------|-------------------------|-------------------------------|
| Maternal Postpartum Health | | | | | | |
| Had a postpartum check-up | 91.5 | 91.4 | 94.0 | 91.0 | 85.5 | 93.5 |
| Family planning discussed during check-up | 89.8 | 82.3 | 87.0 | 82.6 | 76.9 | 77.8 |
| Self-reported Postpartum Depression | | | | | | |
| Not at all depressed | 41.9 | 49.0 | 51.8 | 47.9 | 50.9 | 49.5 |
| A little depressed | 41.1 | 36.9 | 35.7 | 36.8 | 34.1 | 40.4 |
| Moderately depressed | 12.0 | 9.7 | 9.2 | 10.1 | 10.0 | 7.8 |
| Very depressed | 5.0 | 4.4 | 3.3 | 5.1 | 5.0 | 2.4 |
| Infant Health | | | | | | |
| Currently reading to baby | N/A | 71.2 | 85.0 | 65.6 | 78.4 | 73.0 |
| Had a well-baby check-up | 98.3 | 97.8 | 98.5 | 97.3 | 97.7 | 99.3 |
| Breastfeeding Practice | | | | | | |
| Any breastfeeding | 85.2 | 88.0 | 94.8 | 85.8 | 78.7 | 94.8 |
| Baby's Sleep Environment¹⁵ | | | | | | |
| Sleeps on his/her side | 29.0 | 20.3 | 11.2 | 24.6 | 17.4 | 15.8 |
| Sleeps on his/her back | 65.3 | 74.4 | 82.8 | 72.2 | 63.8 | 78.8 |
| Sleeps on his/her stomach | 5.7 | 5.2 | 5.9 | 3.2 | 18.8 | 5.4 |
| Ever slept with another person ¹⁶ | 79.1 | 76.8 | 65.9 | 78.0 | 87.1 | 80.3 |

*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

¹⁵Average age of babies at time of interview was greater in 2007 than 2010

¹⁶Question asked: How often does your new baby sleep in the same bed with you or anyone else? Those who responded "Always," "Frequently," "Sometimes," or "Rarely" were recoded as "Ever slept with another person."

Pre-Pregnancy Health by Service Planning Area

| | Los Angeles County 2007 | Los Angeles County 2010 | Antelope Valley | San Fernando | San Gabriel | Metro | West | South | East | South Bay |
|--|-------------------------|-------------------------|-----------------|--------------|-------------|-----------|-----------|-----------|-----------|-----------|
| | (%) | (%) | SPA 1 (%) | SPA 2 (%) | SPA 3 (%) | SPA 4 (%) | SPA 5 (%) | SPA 6 (%) | SPA 7 (%) | SPA 8 (%) |
| Access to Health Care Before Pregnancy | | | | | | | | | | |
| Uninsured | 36.7 | 34.7 | 29.6 | 32.7 | 28.8 | 44.2 | 15.5 | 46.5 | 37.0 | 31.3 |
| On Medi-Cal | 21.4 | 19.7 | 31.5 | 12.4 | 19.4 | 19.7 | 5.1 | 28.9 | 23.6 | 18.5 |
| Preconception Health Behaviors and Experiences | | | | | | | | | | |
| No preconception health counseling ¹ | 70.7 | 69.4 | 76.4 | 65.5 | 72.0 | 69.9 | 52.5 | 71.9 | 77.5 | 65.6 |
| Not taking a multivitamin | 54.4 | 50.5 | 54.4 | 40.7 | 50.9 | 52.7 | 28.0 | 63.2 | 57.2 | 49.0 |
| Lack of folic acid knowledge | N/A | 63.5 | 72.4 | 57.6 | 64.7 | 63.9 | 42.8 | 70.0 | 65.6 | 65.8 |
| Did not have enough money for food | 6.7 | 6.0 | 8.5 | *2.4 | 6.7 | 6.9 | *1.5 | 8.5 | 8.0 | 6.0 |
| Smoked in the 6 months before pregnancy | 9.6 | 9.5 | 17.2 | 11.5 | 7.3 | 9.0 | 7.6 | 9.4 | 9.2 | 8.9 |
| Family Planning Practices | | | | | | | | | | |
| Unwanted/mistimed pregnancy by mother ² | 53.4 | 48.4 | 58.9 | 39.3 | 48.0 | 50.4 | 26.0 | 59.6 | 55.4 | 47.2 |
| Unwanted pregnancy by partner ³ | 34.1 | 31.9 | 37.9 | 28.6 | 32.0 | 32.3 | 19.4 | 36.3 | 36.0 | 30.1 |
| Using birth control when they became pregnant ⁴ | N/A | 27.8 | 31.7 | 25.7 | 29.9 | 30.9 | 16.6 | 29.5 | 30.6 | 24.7 |
| Received fertility treatment | 4.0 | 4.2 | 1.0 | 5.9 | 4.3 | 4.4 | 10.0 | *1.8 | *2.2 | 4.9 |
| Ever used emergency contraception | 10.4 | 16.4 | 10.2 | 18.3 | 16.7 | 12.7 | 19.4 | 14.7 | 16.7 | 18.0 |
| Preconception Health Conditions | | | | | | | | | | |
| Overweight/Obese | 42.5 | 44.8 | 48.1 | 40.6 | 39.6 | 45.3 | 23.3 | 51.8 | 54.8 | 46.5 |
| Asthma | 5.2 | 4.4 | 8.6 | 4.6 | 3.5 | *2.3 | 4.5 | 3.7 | 4.5 | 6.0 |
| High blood pressure | 3.7 | 4.1 | 4.0 | 3.9 | *2.3 | *4.2 | *2.4 | 6.7 | 5.1 | 3.7 |
| Diabetes | 3.3 | 2.4 | 3.6 | *1.8 | *1.5 | *2.1 | *1.3 | *3.8 | *2.6 | *3.2 |
| Anemia | 12.1 | 11.4 | 15.4 | 8.8 | 10.9 | 13.8 | 7.3 | 15.2 | 10.8 | 10.4 |
| Periodontal disease | 12.5 | 9.9 | 9.0 | 8.9 | 9.3 | 11.1 | 5.0 | 12.5 | 11.4 | 9.1 |
| Obstetric History | | | | | | | | | | |
| Previous preterm birth | 8.9 | 6.7 | 10.0 | 6.7 | 4.2 | 6.0 | 3.8 | 9.1 | 8.1 | 6.2 |
| Previous low birth weight | 7.4 | 6.0 | 10.2 | 5.9 | *3.0 | 6.8 | 3.7 | 7.9 | 6.6 | 6.4 |
| Stillbirth (pregnancy that did not result in a live birth) | 2.1 | 1.8 | *2.2 | *1.8 | *0.6 | *1.3 | *1.5 | *5.0 | *1.5 | *0.8 |
| Previous miscarriage | 17.7 | 19.6 | 21.9 | 21.0 | 17.1 | 17.5 | 22.7 | 19.8 | 19.2 | 20.4 |
| Previous abortion | 17.0 | 15.1 | 18.4 | 15.1 | 16.3 | 17.5 | 19.4 | 13.2 | 10.8 | 15.4 |

*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

¹Question asked: During the six months before you got pregnant with your new baby, did you talk to a doctor, nurse, or other health care worker about how to prepare for a healthy baby and pregnancy?

²Question asked: Thinking back to just before you got pregnant with your new baby, how did you feel about becoming pregnant? Respondents who answered, "I wanted to be pregnant later" or "I didn't want to be pregnant then or any time in the future" were coded as "Unwanted or mistimed."

³Question asked: Just before you got pregnant with your new baby, how did your husband or partner feel about you becoming pregnant? Respondents who answered, "He wanted me to be pregnant later" or "He didn't want me to be pregnant then or any time in the future" were coded as "Unwanted pregnancy by father." Respondents who answered, "I don't know" or "I didn't have a husband or partner" were coded missing for this field.

⁴Question asked: Before you got pregnant with your new baby, were you using any method of birth control? Respondents who answered "Yes, all the time" or "Yes, sometimes" were coded as "using bith control before getting pregnant."

Prenatal Care and Maternal Risk Factors During Pregnancy by Service Planning Area

| | Los Angeles County 2007 | Los Angeles County 2010 | Antelope Valley | San Fernando | San Gabriel | Metro | West | South | East | South Bay |
|--|-------------------------|-------------------------|-----------------|--------------|-------------|-----------|-----------|-----------|-----------|-----------|
| | (%) | (%) | SPA 1 (%) | SPA 2 (%) | SPA 3 (%) | SPA 4 (%) | SPA 5 (%) | SPA 6 (%) | SPA 7 (%) | SPA 8 (%) |
| Prenatal Care | | | | | | | | | | |
| Entered prenatal care after 1st trimester | 10.1 | 9.2 | 19.2 | 6.3 | 8.7 | 9.5 | 5.0 | 10.7 | 9.3 | 10.2 |
| Did not get prenatal care as early as wanted | 15.6 | 14.9 | 24.9 | 10.5 | 16.2 | 15.4 | 8.2 | 18.0 | 16.9 | 13.7 |
| Traveled 15 miles or more for prenatal care | 12.4 | 12.4 | 26.0 | 14.3 | 13.9 | 7.1 | 5.9 | 13.4 | 10.8 | 10.9 |
| Prenatal care did not meet PHS guidelines ⁵ | 35.0 | 30.5 | 32.6 | 32.8 | 32.5 | 34.6 | 34.9 | 28.0 | 27.3 | 25.5 |
| Dissatisfied with amount of wait time at prenatal care | 18.7 | 18.2 | 23.8 | 17.4 | 15.2 | 17.2 | 12.9 | 20.9 | 21.7 | 18.0 |
| Dissatisfied with amount of time spent with doctor/nurse | 11.4 | 10.6 | 12.9 | 7.7 | 11.6 | 11.7 | 6.9 | 11.1 | 13.4 | 9.7 |
| Dissatisfied with advice given at prenatal care | 7.7 | 7.8 | 8.1 | 6.6 | 8.2 | 7.4 | 3.4 | 9.2 | 10.3 | 6.7 |
| Dissatisfied with understanding/respect received | 4.3 | 3.6 | 4.6 | 2.6 | *2.9 | *4.0 | *1.6 | 6.7 | *3.7 | 3.0 |
| Needed to see a dentist | N/A | 22.0 | 21.2 | 21.2 | 19.3 | 23.3 | 14.7 | 26.3 | 26.4 | 19.6 |
| Received a seasonal flu shot | N/A | 34.9 | 25.4 | 38.3 | 32.3 | 36.4 | 53.6 | 29.4 | 36.4 | 32.2 |
| Received an H1N1 flu shot | N/A | 38.5 | 27.1 | 41.9 | 41.7 | 39.9 | 56.2 | 31.1 | 35.0 | 36.9 |
| Medical Conditions During Pregnancy | | | | | | | | | | |
| Labor pain 3 weeks before due date | 16.3 | 16.2 | 19.9 | 17.4 | 17.4 | 15.5 | 10.0 | 19.7 | 14.3 | 13.1 |
| High blood pressure | 10.8 | 11.6 | 14.1 | 13.3 | 6.7 | 11.5 | 7.4 | 16.8 | 11.5 | 10.5 |
| Gestational diabetes | 12.0 | 12.4 | 15.2 | 11.9 | 13.2 | 10.8 | 6.2 | 13.5 | 12.8 | 13.1 |
| Problems with the placenta ⁶ | 3.6 | 4.2 | 6.3 | 5.0 | 4.5 | *3.0 | 5.1 | *3.6 | *3.5 | 3.8 |
| Urinary tract infection | 9.2 | 11.8 | 14.3 | 9.3 | 11.5 | 13.1 | 10.5 | 13.9 | 12.0 | 12.3 |
| Water broke more than 3 weeks early | 5.2 | 4.7 | 4.7 | 4.0 | 4.7 | *4.6 | 4.7 | 6.0 | *5.3 | 4.2 |
| Incompetent cervix | 3.3 | 2.7 | *2.0 | *3.2 | *0.9 | *4.1 | *1.4 | *4.3 | *3.1 | *1.7 |
| Sexually transmitted disease | 3.5 | 2.5 | 4.3 | *1.1 | *1.1 | *3.1 | *2.0 | 4.6 | *2.6 | 2.8 |
| Bacterial vaginosis | 13.4 | 14.9 | 12.5 | 12.3 | 13.9 | 14.5 | 7.6 | 19.1 | 19.4 | 14.3 |
| Periodontal disease | 18.9 | 17.4 | 16.2 | 17.8 | 15.8 | 16.5 | 12.2 | 22.0 | 19.6 | 15.3 |
| Risk Behaviors During Pregnancy | | | | | | | | | | |
| Smoking | 2.6 | 2.5 | 7.0 | 2.8 | *1.9 | *1.6 | *1.6 | 3.6 | *1.5 | 2.7 |
| Exposure to secondhand smoke ⁷ | 6.3 | 4.2 | 8.7 | 3.1 | 4.9 | 5.1 | *2.5 | 4.4 | 2.3 | 5.0 |
| Using illegal drugs or drugs not prescribed by a doctor ⁸ | N/A | 5.3 | 5.0 | 3.3 | 4.8 | 5.8 | 5.4 | 6.5 | 8.1 | 4.6 |
| Drinking alcohol | 10.5 | 9.1 | 6.5 | 9.3 | 7.8 | 10.5 | 25.6 | 5.3 | 6.9 | 9.8 |
| Did not exercise during pregnancy ⁹ | 28.6 | 27.5 | 30.1 | 27.6 | 29.8 | 24.6 | 21.2 | 30.3 | 26.0 | 27.0 |

*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

⁵Question asked: During your first or second prenatal care visit, were these part of your visit? Blood pressure measured, urine sample given, blood sample taken, height and weight measured, had pelvic exam, health history taken, ultrasound done, doctor asked about prenatal lead exposure. Those who responded "No" to any of the first six items were recoded as "PHS guidelines not met."

⁶Question asked: During your pregnancy did you have any of these problems? Respondents who answered "problems with placenta (such as abruptio placentae or placenta previa)" were coded as "problems with placenta."

⁷Question asked: During your pregnancy, about how many hours a day, on average, were you in the same room with someone who was smoking? Respondents who indicated more than 0 hours were coded as "exposed to secondhand smoke."

⁸Respondents who answered "yes" when questioned about use of marijuana, hashish, tranquilizers, hallucinogens, cocaine, heroin, amphetamines or prescription drugs not prescribed by their doctors were coded as "using illegal drugs or drugs not prescribed by a doctor."

⁹Question asked: During your last pregnancy how often did you exercise for 30 minutes or more? Respondents who answered "I didn't exercise" or "I didn't exercise; a doctor, nurse or health care worker said not to exercise" were coded as "did not exercise during pregnancy."

Psychosocial and Behavioral Risk Factors During Pregnancy by Service Planning Area

| | Los Angeles County 2007 | Los Angeles County 2010 | Antelope Valley | San Fernando | San Gabriel | Metro | West | South | East | South Bay |
|--|-------------------------|-------------------------|-----------------|--------------|-------------|-----------|-----------|-----------|-----------|-----------|
| | (%) | (%) | SPA 1 (%) | SPA 2 (%) | SPA 3 (%) | SPA 4 (%) | SPA 5 (%) | SPA 6 (%) | SPA 7 (%) | SPA 8 (%) |
| Mental Health During Pregnancy | | | | | | | | | | |
| Self reported depression ¹⁰ | 19.9 | 25.8 | 31.5 | 21.5 | 23.3 | 29.8 | 13.5 | 34.3 | 27.0 | 24.8 |
| Social Support | | | | | | | | | | |
| Dissatisfied with support given by the baby's father ¹¹ | 12.0 | 9.6 | 13.4 | 8.9 | 8.7 | 9.6 | 5.3 | 11.0 | 11.4 | 9.2 |
| Experienced domestic violence/intimate partner abuse ¹² | 3.4 | 2.2 | 3.7 | 1.2* | 2.2* | 2.4* | 1.0* | 1.8* | 4.5* | 1.9* |
| Would have someone to loan money if needed ¹³ | 58.3 | 81.9 | 82.2 | 85.4 | 84.7 | 73.3 | 92.6 | 74.7 | 80.7 | 84.6 |
| Would have someone to help if sick | 72.9 | 87.5 | 87.3 | 88.9 | 87.9 | 84.1 | 94.2 | 85.4 | 84.1 | 90.6 |
| Would have someone to listen to problems | 75.7 | 86.2 | 87.8 | 87.7 | 87.5 | 80.9 | 93.2 | 81.3 | 84.5 | 89.7 |
| Social Environment | | | | | | | | | | |
| Perceived neighborhood as unsafe ¹⁴ | 16.5 | 14.7 | 13.6 | 8.3 | 10.7 | 21.5 | 3.8 | 31.6 | 12.2 | 13.0 |
| Stressful Life Events During Pregnancy | | | | | | | | | | |
| Family member had to go into the hospital | 17.3 | 16.0 | 17.6 | 15.9 | 15.7 | 13.9 | 13.4 | 14.1 | 19.4 | 16.9 |
| Divorced/separated from husband/partner | 9.2 | 7.3 | 9.6 | 5.6 | 6.7 | 7.4 | 1.9 | 10.3 | 9.7 | 6.0 |
| Moved to a new address | 21.2 | 28.4 | 34.5 | 25.4 | 29.4 | 26.2 | 27.9 | 25.5 | 29.5 | 33.0 |
| Were homeless | 5.7 | 4.3 | 4.5 | 3.1* | 3.6* | 5.8 | 0.7* | 7.3 | 5.0* | 3.5 |
| Husband/partner lost his/her job | 13.8 | 17.6 | 20.4 | 15.0 | 16.5 | 18.5 | 9.1 | 23.4 | 20.2 | 15.8 |
| Lost job but wanted to continue working | 11.6 | 11.1 | 10.9 | 9.9 | 7.1 | 13.1 | 6.5 | 16.5 | 12.2 | 11.4 |
| Argued more than usual with husband/partner | 30.4 | 27.8 | 31.1 | 23.1 | 26.8 | 25.3 | 20.1 | 36.4 | 27.5 | 30.0 |
| Had a lot of bills that could not be paid | 22.4 | 23.2 | 29.3 | 18.9 | 20.2 | 24.4 | 11.9 | 31.2 | 25.1 | 23.6 |
| Were in a physical fight | 3.9 | 3.5 | 4.5 | 2.5* | 3.9 | 2.9* | 1.1* | 5.3 | 4.0* | 3.0 |
| Husband/partner or self went to jail | 4.0 | 3.3 | 8.4 | 1.5* | 2.2 | 5.1 | 0.7* | 6.2 | 3.2* | 2.5* |
| Someone close had drinking or drug problems | 10.7 | 8.2 | 13.7 | 6.2 | 8.0 | 9.8 | 5.0 | 8.6 | 8.7 | 8.9 |
| Someone close and important died | 13.2 | 13.0 | 18.0 | 11.7 | 10.6 | 16.0 | 9.2 | 15.7 | 12.4 | 13.0 |
| Reported Ever Experiencing Discrimination | | | | | | | | | | |
| Any discrimination | 32.2 | 43.2 | 44.4 | 39.9 | 44.4 | 40.7 | 46.6 | 46.0 | 43.0 | 43.9 |
| At work | 13.5 | 18.4 | 17.9 | 16.9 | 20.3 | 16.3 | 27.4 | 20.2 | 13.5 | 19.8 |
| When getting medical care | 6.4 | 8.3 | 10.4 | 7.2 | 8.9 | 6.8 | 4.0 | 9.4 | 9.0 | 9.5 |
| When getting housing | 7.0 | 8.8 | 11.0 | 6.0 | 9.3 | 7.9 | 4.4 | 11.8 | 11.5 | 7.9 |
| Because of race/color | 12.9 | 20.0 | 22.5 | 15.8 | 21.2 | 19.1 | 16.5 | 22.7 | 19.2 | 23.3 |
| Because of gender | 7.5 | 11.6 | 11.6 | 12.7 | 10.3 | 9.3 | 23.0 | 9.5 | 9.8 | 12.9 |
| Because of pregnancy | 13.8 | 15.1 | 17.0 | 14.3 | 14.9 | 13.6 | 17.2 | 17.6 | 13.1 | 15.3 |

*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

¹⁰ Question asked: For 2 weeks or longer during your most recent pregnancy did you feel sad, empty or depressed for most of the day? Respondents who answered "Yes" were coded as "self reported depression."

¹¹ Question asked: Overall, how satisfied were you with the support given by your baby's father during your pregnancy? Respondents who answered "somewhat dissatisfied" or "not at all satisfied" were coded as "dissatisfied."

¹² Question asked: During your last pregnancy, did the baby's father do any of the following for you? Hit or slap you when he was angry.

¹³ Question asked: During your last pregnancy, would you have someone to loan you \$50 if you had needed it?

¹⁴ Question asked: How would you perceive this neighborhood in terms of its safety from violence? Respondents who answered "Very Poor" or "Poor" were recoded to "Neighborhood Unsafe."

Postpartum Health by Service Planning Area

| | Los Angeles County 2007 | Los Angeles County 2010 | Antelope Valley | San Fernando | San Gabriel | Metro | West | South | East | South Bay |
|--|-------------------------|-------------------------|-----------------|--------------|-------------|-----------|-----------|-----------|-----------|-----------|
| | (%) | (%) | SPA 1 (%) | SPA 2 (%) | SPA 3 (%) | SPA 4 (%) | SPA 5 (%) | SPA 6 (%) | SPA 7 (%) | SPA 8 (%) |
| Maternal Postpartum Health | | | | | | | | | | |
| Had a postpartum check-up | 91.5 | 91.4 | 85.2 | 93.8 | 92.9 | 90.8 | 95.7 | 88.1 | 88.7 | 92.7 |
| Family planning discussed during check-up | 89.8 | 82.3 | 78.3 | 86.2 | 82.5 | 78.7 | 88.2 | 78.2 | 80.4 | 84.7 |
| Self-reported Postpartum Depression | | | | | | | | | | |
| Not at all depressed | 41.9 | 49.0 | 48.0 | 48.9 | 43.9 | 48.1 | 51.3 | 52.2 | 50.4 | 50.5 |
| A little depressed | 41.1 | 36.9 | 33.8 | 37.4 | 41.0 | 37.9 | 39.0 | 33.1 | 35.9 | 36.0 |
| Moderately depressed | 12.0 | 9.7 | 13.6 | 9.3 | 9.3 | 9.5 | 8.7 | 9.3 | 10.1 | 10.1 |
| Very depressed | 5.0 | 4.4 | 4.6 | 4.5 | 5.8 | *4.5 | *1.1 | 5.4 | *3.6 | 3.5 |
| Infant Health | | | | | | | | | | |
| Currently reading to baby | N/A | 71.2 | 70.8 | 75.0 | 69.3 | 72.7 | 84.5 | 65.2 | 69.8 | 69.8 |
| Had a well-baby check-up | 98.3 | 97.8 | 95.5 | 97.9 | 98.0 | 97.3 | 99.5 | 97.2 | 98.9 | 97.6 |
| Breastfeeding Practice | | | | | | | | | | |
| Any breastfeeding | 85.2 | 88.0 | 85.8 | 94.2 | 86.8 | 87.8 | 96.7 | 79.5 | 85.4 | 89.4 |
| Baby's Sleep Environment¹⁵ | | | | | | | | | | |
| Sleeps on his/her side | 29.0 | 20.3 | 17.3 | 22.0 | 20.5 | 20.7 | 10.0 | 27.1 | 19.4 | 17.2 |
| Sleeps on his/her back | 65.3 | 74.4 | 75.9 | 73.3 | 73.2 | 73.4 | 84.4 | 66.2 | 78.0 | 78.1 |
| Sleeps on his/her stomach | 5.7 | 5.2 | 6.8 | 4.7 | 6.3 | 5.9 | 5.6 | 6.7 | 2.6 | 4.7 |
| Ever slept with another person ¹⁶ | 79.1 | 76.9 | 76.6 | 72.3 | 75.5 | 79.9 | 75.6 | 85.0 | 77.2 | 74.4 |

*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

¹⁵Average age of babies at time of interview was greater in 2007 than 2010

¹⁶Question asked: How often does your new baby sleep in the same bed with you or anyone else? Those who responded "Always," "Frequently," "Sometimes," or "Rarely" were recoded as "Ever slept with another person."

Pre-Pregnancy Health by Supervisorial District

| | Los Angeles County 2007 (%) | Los Angeles County 2010 (%) | First District (%) | Second District (%) | Third District (%) | Fourth District (%) | Fifth District (%) |
|--|--------------------------------|--------------------------------|-----------------------|------------------------|-----------------------|------------------------|-----------------------|
| Access to Health Care Before Pregnancy | | | | | | | |
| Uninsured | 36.7 | 34.7 | 42.1 | 43.1 | 34.6 | 25.9 | 24.3 |
| On Medi-Cal | 21.4 | 19.7 | 23.9 | 23.7 | 12.5 | 19.5 | 16.5 |
| Preconception Health Behaviors and Experiences | | | | | | | |
| No preconception health counseling ¹ | 70.7 | 69.4 | 77.1 | 70.7 | 61.9 | 65.0 | 70.6 |
| Not taking a multivitamin | 54.4 | 50.5 | 59.9 | 58.0 | 39.9 | 46.8 | 43.5 |
| Lack of folic acid knowledge | N/A | 63.5 | 70.9 | 65.6 | 56.5 | 63.7 | 58.7 |
| Did not have enough money for food | 6.7 | 6.0 | 8.1 | 8.3 | 3.1 | 4.8 | 4.6 |
| Smoked in the 6 months before pregnancy | 9.6 | 9.5 | 8.5 | 9.3 | 10.9 | 8.2 | 11.1 |
| Family Planning Practices | | | | | | | |
| Unwanted/mistimed pregnancy by mother ² | 53.4 | 48.4 | 58.3 | 54.7 | 39.0 | 43.7 | 43.1 |
| Unwanted pregnancy by partner ³ | 34.1 | 31.9 | 34.5 | 33.9 | 26.9 | 30.4 | 32.3 |
| Using birth control when they became pregnant ⁴ | N/A | 27.8 | 29.8 | 28.7 | 25.5 | 26.8 | 27.7 |
| Received fertility treatment | 4.0 | 4.2 | *2.4 | 3.1 | 6.4 | 5.7 | 4.3 |
| Ever used emergency contraception | 10.4 | 16.4 | 13.7 | 16.3 | 18.0 | 16.1 | 18.0 |
| Preconception Health Conditions | | | | | | | |
| Overweight/Obese | 42.5 | 44.8 | 51.8 | 47.7 | 39.6 | 45.4 | 37.6 |
| Asthma | 5.2 | 4.4 | 2.9 | 4.3 | 3.8 | 5.6 | 5.5 |
| High blood pressure | 3.7 | 4.1 | 4.5 | 5.6 | 3.7 | 3.4 | 2.9 |
| Diabetes | 3.3 | 2.4 | *2.1 | 3.8 | *2.2 | *2.4 | 1.2 |
| Anemia | 12.1 | 11.4 | 13.3 | 13.4 | 9.6 | 9.5 | 10.0 |
| Periodontal disease | 12.5 | 9.9 | 12.3 | 11.6 | 8.5 | 8.7 | 7.7 |
| Obstetric History | | | | | | | |
| Previous preterm birth | 8.9 | 6.7 | 7.2 | 8.2 | 5.9 | 5.0 | 6.4 |
| Previous low birth weight | 7.4 | 6.0 | 6.7 | 7.3 | 6.2 | 5.0 | 4.5 |
| Stillbirth (pregnancy that did not result in a live birth) | 2.1 | 1.8 | *1.2 | 3.3 | *2.0 | *1.0 | *1.3 |
| Previous miscarriage | 17.7 | 19.6 | 15.3 | 18.6 | 23.4 | 22.2 | 19.5 |
| Previous abortion | 17.0 | 15.1 | 13.0 | 14.9 | 14.6 | 14.2 | 18.9 |

*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

¹Question asked: During the six months before you got pregnant with your new baby, did you talk to a doctor, nurse, or other health care worker about how to prepare for a healthy baby and pregnancy?

²Question asked: Thinking back to just before you got pregnant with your new baby, how did you feel about becoming pregnant? Respondents who answered, "I wanted to be pregnant later" or "I didn't want to be pregnant then or any time in the future" were coded as "Unwanted or mistimed."

³Question asked: Just before you got pregnant with your new baby, how did your husband or partner feel about you becoming pregnant? Respondents who answered, "He wanted me to be pregnant later" or "He didn't want me to be pregnant then or any time in the future" were coded as "Unwanted pregnancy by father." Respondents who answered, "I don't know" or "I didn't have a husband or partner" were coded missing for this field.

⁴Question asked: Before you got pregnant with your new baby, were you using any method of birth control? Respondents who answered "Yes, all the time" or "Yes, sometimes" were coded as "using birth control before getting pregnant."

Prenatal Care and Maternal Risk Factors During Pregnancy by Supervisorial District

| | Los Angeles County 2007 | Los Angeles County 2010 | First District | Second District | Third District | Fourth District | Fifth District |
|--|-------------------------|-------------------------|----------------|-----------------|----------------|-----------------|----------------|
| | (%) | (%) | (%) | (%) | (%) | (%) | (%) |
| Prenatal Care | | | | | | | |
| Entered prenatal care after 1st trimester | 10.1 | 9.2 | 9.6 | 10.6 | 6.0 | 7.4 | 11.2 |
| Did not get prenatal care as early as wanted | 15.6 | 14.9 | 17.3 | 16.7 | 9.7 | 13.4 | 16.1 |
| Traveled 15 miles or more for prenatal care | 12.4 | 12.4 | 10.1 | 11.3 | 10.6 | 12.4 | 17.8 |
| Prenatal care did not meet PHS guidelines ⁵ | 35.0 | 30.5 | 31.4 | 27.5 | 33.8 | 27.9 | 33.0 |
| Dissatisfied with amount of wait time at prenatal care | 18.7 | 18.2 | 17.1 | 18.8 | 17.1 | 20.9 | 17.0 |
| Dissatisfied with amount of time spent with doctor/nurse | 11.4 | 10.6 | 14.6 | 10.8 | 8.1 | 9.5 | 9.3 |
| Dissatisfied with advice given at prenatal care | 7.7 | 7.8 | 10.6 | 7.8 | 7.0 | 6.5 | 6.6 |
| Dissatisfied with understanding/respect received | 4.3 | 3.6 | 3.3 | 5.0 | *2.4 | 3.6 | 3.3 |
| Needed to see a dentist | N/A | 22.0 | 21.9 | 23.8 | 20.5 | 23.3 | 19.8 |
| Received a seasonal flu shot | N/A | 34.9 | 36.9 | 30.7 | 39.1 | 35.1 | 34.2 |
| Received an H1N1 flu shot | N/A | 38.5 | 40.6 | 34.2 | 41.1 | 39.5 | 38.4 |
| Medical Conditions During Pregnancy | | | | | | | |
| Labor pain 3 weeks before due date | 16.3 | 16.2 | 18.7 | 16.1 | 17.0 | 13.8 | 15.0 |
| High blood pressure | 10.8 | 11.6 | 10.6 | 14.0 | 11.3 | 10.2 | 10.9 |
| Gestational diabetes | 12.0 | 12.4 | 13.0 | 12.7 | 12.0 | 13.1 | 11.0 |
| Problems with the placenta ⁶ | 3.6 | 4.2 | *2.7 | 3.7 | 4.1 | 4.0 | 6.5 |
| Urinary tract infection | 9.2 | 11.8 | 12.7 | 13.6 | 11.2 | 10.3 | 10.7 |
| Water broke more than 3 weeks early | 5.2 | 4.7 | 4.7 | 5.4 | 4.1 | 4.7 | 4.5 |
| Incompetent cervix | 3.3 | 2.7 | *2.8 | 3.9 | *2.6 | *1.7 | *2.0 |
| Sexually transmitted disease | 3.5 | 2.5 | *2.1 | 3.9 | *1.9 | 2.3 | 1.7 |
| Bacterial vaginosis | 13.4 | 14.9 | 15.4 | 18.2 | 12.7 | 14.1 | 12.5 |
| Periodontal disease | 18.9 | 17.4 | 17.5 | 19.6 | 17.1 | 17.5 | 14.8 |
| Risk Behaviors During Pregnancy | | | | | | | |
| Smoking | 2.6 | 2.5 | *1.7 | 3.1 | *2.5 | 1.9 | 3.4 |
| Exposure to secondhand smoke ⁷ | 6.3 | 4.2 | 3.7 | 4.4 | 2.8 | 3.7 | 6.1 |
| Using illegal drugs or drugs not prescribed by a doctor ⁸ | N/A | 5.3 | 5.6 | 6.1 | 3.8 | 5.6 | 5.0 |
| Drinking alcohol | 10.5 | 9.1 | 7.6 | 7.6 | 11.8 | 10.3 | 9.0 |
| Did not exercise during pregnancy ⁹ | 28.6 | 27.5 | 28.3 | 27.4 | 25.0 | 27.8 | 28.6 |

*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

⁵Question asked: During your first or second prenatal care visit, were these part of your visit? Blood pressure measured, urine sample given, blood sample taken, height and weight measured, had pelvic exam, health history taken, ultrasound done, doctor asked about prenatal lead exposure. Those who responded "No" to any of the first six items were recoded as "PHS guidelines not met."

⁶Question asked: During your pregnancy did you have any of these problems? Respondents who answered "problems with placenta (such as abruptio placentae or placenta previa)" were coded as "problems with placenta."

⁷Question asked: During your pregnancy, about how many hours a day, on average, were you in the same room with someone who was smoking? Respondents who indicated more than 0 hours were coded as "exposed to secondhand smoke."

⁸Respondents who answered "yes" when questioned about use of marijuana, hashish, tranquilizers, hallucinogens, cocaine, heroin, amphetamines or prescription drugs not prescribed by their doctors were coded as "using illegal drugs or drugs not prescribed by a doctor."

⁹Question asked: During your last pregnancy how often did you exercise for 30 minutes or more? Respondents who answered "I didn't exercise" or "I didn't exercise; a doctor, nurse or health care worker said not to exercise" were coded as "did not exercise during pregnancy."

Psychosocial and Behavioral Risk Factors During Pregnancy by Supervisorial District

| | Los Angeles County 2007 (%) | Los Angeles County 2010 (%) | First District (%) | Second District (%) | Third District (%) | Fourth District (%) | Fifth District (%) |
|--|--------------------------------|--------------------------------|-----------------------|------------------------|-----------------------|------------------------|-----------------------|
| Mental Health During Pregnancy | | | | | | | |
| Self reported depression ¹⁰ | 19.9 | 25.8 | 28.9 | 32.0 | 22.3 | 21.7 | 21.8 |
| Social Support | | | | | | | |
| Dissatisfied with support given by the baby's father ¹¹ | 12.0 | 9.6 | 11.2 | 9.8 | 8.7 | 8.6 | 9.5 |
| Experienced domestic violence/intimate partner abuse ¹² | 3.4 | 2.2 | 3.4 | 1.4* | 1.3* | 3.1* | 2.1 |
| Would have someone to loan money if needed ¹³ | 58.3 | 81.9 | 73.5 | 77.7 | 84.4 | 87.0 | 89.0 |
| Would have someone to help if sick | 72.9 | 87.5 | 80.7 | 86.9 | 88.6 | 91.5 | 90.8 |
| Would have someone to listen to problems | 75.7 | 86.2 | 79.3 | 84.3 | 86.4 | 89.8 | 92.0 |
| Social Environment | | | | | | | |
| Perceived neighborhood as unsafe ¹⁴ | 16.5 | 14.7 | 19.9 | 25.1 | 10.0 | 8.1 | 6.6 |
| Stressful Life Events During Pregnancy | | | | | | | |
| Family member had to go into the hospital | 17.3 | 16.0 | 17.0 | 14.7 | 13.0 | 17.3 | 17.8 |
| Divorced/separated from husband/partner | 9.2 | 7.3 | 9.5 | 8.3 | 4.8 | 6.6 | 6.4 |
| Moved to a new address | 21.2 | 28.4 | 26.8 | 27.4 | 27.1 | 30.9 | 30.0 |
| Were homeless | 5.7 | 4.3 | 6.9 | 6.6 | 3.1* | 1.9* | 2.1 |
| Husband/partner lost his/her job | 13.8 | 17.6 | 20.6 | 20.9 | 16.1 | 15.2 | 13.9 |
| Lost job but wanted to continue working | 11.6 | 11.1 | 11.8 | 14.5 | 10.1 | 10.9 | 7.2 |
| Argued more than usual with husband/partner | 30.4 | 27.8 | 28.8 | 34.0 | 23.4 | 25.2 | 24.8 |
| Had a lot of bills that could not be paid | 22.4 | 23.2 | 25.1 | 28.4 | 18.7 | 20.1 | 21.1 |
| Were in a physical fight | 3.9 | 3.5 | 3.7 | 3.9 | 1.9* | 4.4 | 3.2 |
| Husband/partner or self went to jail | 4.0 | 3.3 | 3.3 | 4.5 | 2.1* | 3.7 | 2.5 |
| Someone close had drinking or drug problems | 10.7 | 8.2 | 10.2 | 8.8 | 5.3 | 8.0 | 8.3 |
| Someone close and important died | 13.2 | 13.0 | 14.4 | 15.1 | 12.2 | 10.4 | 12.0 |
| Reported Ever Experiencing Discrimination | | | | | | | |
| Any discrimination | 32.2 | 43.2 | 44.4 | 44.9 | 41.8 | 43.0 | 41.2 |
| At work | 13.5 | 18.4 | 18.8 | 20.1 | 17.5 | 17.4 | 17.7 |
| When getting medical care | 6.4 | 8.3 | 9.2 | 9.5 | 6.7 | 7.4 | 8.1 |
| When getting housing | 7.0 | 8.8 | 10.6 | 10.2 | 6.5 | 8.6 | 7.1 |
| Because of race/color | 12.9 | 20.0 | 18.8 | 23.0 | 16.6 | 21.3 | 19.1 |
| Because of gender | 7.5 | 11.6 | 9.6 | 10.9 | 13.1 | 12.7 | 12.3 |
| Because of pregnancy | 14.0 | 15.1 | 15.5 | 16.4 | 14.9 | 14.4 | 13.7 |

*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

¹⁰ Question asked: For 2 weeks or longer during your most recent pregnancy did you feel sad, empty or depressed for most of the day? Respondents who answered "Yes" were coded as "self reported depression."

¹¹ Question asked: Overall, how satisfied were you with the support given by your baby's father during your pregnancy? Respondents who answered "somewhat dissatisfied" or "not at all satisfied" were coded as "dissatisfied."

¹² Question asked: During your last pregnancy, did the baby's father do any of the following for you? Hit or slap you when he was angry.

¹³ Question asked: During your last pregnancy, would you have someone to loan you \$50 if you had needed it?

¹⁴ Question asked: How would you perceive this neighborhood in terms of its safety from violence? Respondents who answered "Very Poor" or "Poor" were recoded to "Neighborhood Unsafe."

Postpartum Health by Supervisorial District

| | Los Angeles County 2007 (%) | Los Angeles County 2010 (%) | First District (%) | Second District (%) | Third District (%) | Fourth District (%) | Fifth District (%) |
|--|--------------------------------|--------------------------------|-----------------------|------------------------|-----------------------|------------------------|-----------------------|
| Maternal Postpartum Health | | | | | | | |
| Had a postpartum check-up | 91.5 | 91.4 | 89.5 | 89.6 | 94.1 | 93.2 | 91.6 |
| Family planning discussed during check-up | 89.8 | 82.3 | 77.3 | 80.5 | 85.4 | 86.5 | 83.4 |
| Self-reported Postpartum Depression | | | | | | | |
| Not at all depressed | 41.9 | 49.0 | 47.4 | 50.7 | 48.2 | 50.5 | 47.7 |
| A little depressed | 41.1 | 36.9 | 38.0 | 34.6 | 38.9 | 36.8 | 37.2 |
| Moderately depressed | 12.0 | 9.7 | 9.9 | 10.2 | 8.7 | 9.2 | 10.2 |
| Very depressed | 5.0 | 4.4 | 4.7 | 4.6 | 4.2 | 3.6 | 4.9 |
| Infant Health | | | | | | | |
| Currently reading to baby | N/A | 71.2 | 68.2 | 66.9 | 74.8 | 72.4 | 75.6 |
| Had a well-baby check-up | 98.3 | 97.8 | 98.1 | 96.8 | 97.6 | 99.1 | 97.9 |
| Breastfeeding Practice | | | | | | | |
| Any breastfeeding | 85.2 | 88.0 | 84.5 | 83.1 | 95.1 | 88.6 | 91.1 |
| Baby's Sleep Environment¹⁵ | | | | | | | |
| Sleeps on his/her side | 29.0 | 20.3 | 21.8 | 25.1 | 21.8 | 15.1 | 16.7 |
| Sleeps on his/her back | 65.3 | 74.4 | 73.9 | 68.7 | 72.9 | 80.4 | 77.7 |
| Sleeps on his/her stomach | 5.7 | 5.2 | 4.3 | 6.2 | 5.2 | 4.5 | 5.6 |
| Ever slept with another person ¹⁶ | 79.1 | 76.4 | 77.7 | 82.8 | 73.7 | 73.9 | 73.8 |

*Signifies that the estimate is statistically unstable (relative standard error > 25%) and therefore may not be appropriate to use for planning or policy purposes.

¹⁵ Average age of babies at time of interview was greater in 2007 than 2010

¹⁶ Question asked: How often does your new baby sleep in the same bed with you or anyone else? Those who responded "Always," "Frequently," "Sometimes," or "Rarely" were recoded as "Ever slept with another person."

Technical Notes

I. Methods

LAMB follows the Centers for Disease Control and Prevention (CDC) Pregnancy Risk Assessment Monitoring System (PRAMS) methodology¹ to collect data. Women were selected from birth records. Selected mothers are first contacted by mail. If there is no response to repeated mailings, women are contacted and interviewed by telephone. The survey can be administered in English, Spanish, and Chinese, with translators available for other languages. In addition, an informational packet with resources and information about 211 is sent along with the survey.

II. Sampling

The 2010 LAMB is a population-based survey that utilizes a stratified random sampling method, by Service Planning Area, race and age, with an over sample of African American and teen age mothers to ensure an adequate sample for subgroup analysis.

II. Data Weighting

To get a representative picture of the mothers who gave birth in Los Angeles County in 2010, the data were weighted by SPA, race/ethnicity, and mother's age. Specifically, post stratification procedures were used to properly weight the sample and account for the complex sampling frame.

III. Response Rate:

There were 6,593 mothers who responded to the 2010 LAMB survey, resulting in a response rate of 57%, based on calculations proposed by the American Association for Public Opinion Research (AAPOR)².

IV. Statistical Methods

Point estimates and their variances were calculated using the SAS, PROC SURVEYFREQ procedures, (Release 9.2, North Carolina) to account for the complex sample design. In this report, relative standard error (RSE) more than 25% is used as the criterion for determining that the estimate is statistically unstable and therefore may not be appropriate to use for planning or policy purposes.

RSE is calculated by "dividing the standard error of the estimate by the estimate itself, then multiplying that result by 100." For example, if the estimate of cigarette smokers is 20 percent and the standard error of the estimate is 3 percent, the RSE of the estimate = $(3/20) * 100$, or 15 percent.^{3,4}

All missing and unknown response values were excluded from individual calculations where applicable.

V. Strengths and limitations

Strengths: LAMB is a population-based survey allowing generalization to all women with a live birth.

Limitations: Sample sizes for some subpopulations were too small for precise estimates. If presented, these are indicated by an Asterisk. Potential sources of bias include non-response, recall, and non-coverage. The data can only be generalized to LAC residents who delivered live infants in the year 2010.

VI. Glossary

1. Unintended/mistimed pregnancy: just before becoming pregnant, wanting to be pregnant later (i.e. mistimed) or not wanting to be pregnant then or at any time in the future (i.e. unwanted).
2. Preterm Birth: an infant born before 37 weeks gestation.
3. Respondents were considered to be overweight if their Body Mass Index (BMI) was 25.0-29.9, and obese if their BMI was 30.0 or higher. Respondents' BMI was calculated on the basis of their self-reported pre-pregnancy height and weight. BMI categories were based on published BMI categories for adults from Center for Disease Control and Prevention (CDC).
4. Low Birth Weight: an infant weighing less than 2500 grams or 5 pounds 8 ounces at birth.
5. Meeting the PHS prenatal care guidelines: meeting all the recommendations of the Public Health Service Expert Panel on the Content of Prenatal Care (1989), including having blood pressure measured, urine and blood samples taken, height and weight measured, a pelvic exam, and a health history taken.
6. Depressed during pregnancy: feeling depressed for most of the day for two weeks or longer during pregnancy.

VII. References

1. Disease Control and Prevention (CDC) Pregnancy Risk Assessment Monitoring System (PRAMS)
<http://www.cdc.gov/prams/methodology.htm>
2. American Association for Public Opinion Research (AAPOR)
http://www.aapor.org/Standard_Definitions/2852.htm
3. Behavioral Risk Factor Survey Relative Standard Error
<http://www.dhs.wisconsin.gov/wish/main/BRFS/rse.htm>
4. National Center for Health Statistics reference
<http://www.cdc.gov/nchs/data/statnt/statnt24.pdf>



Los Angeles County Department of Public Health

Jonathan E. Fielding, MD, MPH

Director and Health Officer

Jonathan E. Freedman

Chief Deputy Director

Maternal, Child, and Adolescent Health Programs

Cynthia A. Harding, MPH, Director

Maternal, Child, and Adolescent Health Programs

Research, Evaluation and Planning Unit

Shin Margaret Chao, MPH, PhD, Principal Investigator

Diana Liu, MPH, Epidemiologist

Chandra Higgins, MPH, Epidemiologist

Marian Eldahaby, BA, Research Analyst II

Rozana Ceballos, BA, Research Analyst I

Yeghishe Nazinyan, MD, MS, Epidemiology Analyst

Alex Chen, MS, Network System Administrator II

Carmen Gutierrez, Information System Supervisor I

Glenda Moore, Senior Network System Administrator

Administrative Staff

Yvornia Horton

Martha Martinez

Los Angeles County Board of Supervisors

Gloria Molina, First District

Mark Ridley-Thomas, Second District

Zev Yaroslavsky, Third District

Don Knabe, Fourth District

Michael D. Antonovich, Fifth District

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